

## ABSTRACT

There is provided an optical information recording/reproducing apparatus that learns a recording power so as to determine an optimum recording condition under which the recording power is prevented from being excessively high and waveform distortion is reduced. A recording power variation circuit (12) sets variably a recording power  $P_o$  in a front-end portion and a rear-end portion of a record pattern for learning a power that is output from a record pattern generation circuit (5) and a recording power  $P_m$  in an intermediate portion, while maintaining a ratio between the recording powers  $P_o$  and  $P_m$  at a constant value, and data for learning a recording power are recorded. When the data for learning a recording power are reproduced, an allowable power range determination circuit (11) determines an allowable range of a recording power such that a recording power calculated by a power calculation circuit (8) using a degree of modulation detected from a reproduced signal and an allowable upper limit degree of modulation is an upper limit and a recording power calculated by an allowable waveform distortion power calculation circuit (10) using a waveform distortion amount detected from a reproduced signal and an allowable waveform distortion amount is a lower limit.